



Dramatically magnified
women Without the
usual clumps or PORES.

GIRL

THE B I T C H



a decleration of independance

Hate The Christian Right

"God" created MAN in his own image. Woman was created as a helper for Adam, a mere subdivision of man whose main function was to reproduce more followers of God and man. "Your desire will be for your husband, and he will rule over you." (Genesis 3:16) "He settles the barren woman in her home as a happy mother of children. Praise the Lord." (Psalm 113:9) But the Woman fucked up, and introduced mankind to evil (according to the Christian creation story.) "I find more bitter than death the woman who is a snare, whose heart is a trap and whose hands are chains." (Ecclesiastes 7:26) "As a well pours out it's water, so she pours out her wickedness. Violence and destruction resound in her; her sickness and wounds are ever before me." (Jeremiah 6:7) Think about the ideas the Christian right is promoting- "In God We Trust"- Our whole fucking country was founded on this principle. "Has anything so great as this ever happened, or has anything like it ever been heard of?" (Deuteronomy 4:32) Yeah, its called sexism, racism, and classism. These ideas are what many "Christian" principles promote, along with ignorance, violence, and submission. Organized religion was and will always be a means of control, encouraging people into conforming to restrictive roles and destructive and unproductive behavior. Think for yourself! "Trust" in yourself, Fuck the Christian Right, Fuck the bullshit in the Bible, and

FUCK RELIGION

The Bitch is an alternative feminist press. We will not back down from what we find because it shocks or upsets us or because we fear the disapproval of friends, peers or gods. This is our free verse. Submissions and suggestions are welcome. Write to: **The Bitch** 1321 Tennessee Apt. 3 Lawrence KS 66044.



is a symbol of capitalist wealth and greed. Yeah, that's a really new and different way of thinking: Blame the victim. Perpetuate institutionalized oppression. Fat people are not the ones who are oppressing these poor, skinny emo boys. I was born with one leg. I guess it's a big deal, but its never worked into my body image in the same way that being fat has. But then I have to take into account the fact that I'm an articulate, white, middle-class collage kid, and that provides me with a hell of a lot of privilege and opportunity for dealing with my oppression that may not be available to other oppressed people. See, of course I'm still a real person, and I don't always feel up to playing the role of the revolutionary. Sometimes it's hard enough to just talk to people at all, without having to deal with the political nuances of everything that comes out of their mouths. I feel like at this point I'm expected to try to prove to you that fat can be beautiful by going into descriptions of "rippling thighs and full smooth buttocks." I won't. It's not up to me to convince you that fat can be attractive. I refuse to be the self-appointed full-figured porno queen. Figure it out on your own. Where's the revolution? My body is fucking beautiful, and every time I look in the mirror and acknowledge that, I am contributing to the revolution. If there's one thing that feminism has taught me, it's that the revolution is gonna be on my terms. The revolution will be incited through my voice, my words. This is the fat girl revolution. It's mine, but it doesn't belong to me. Fuckin' yeah.

Written by Nomy Lamm of Olympia Washir
Revised and Edited from Listen Up: Vo
From the Next Feminist Generation.

It's a Big Fat Revolution

I am going to write an essay describing my experiences with fat oppression and the ways in which feminism and punk have affected my work. Today I was standing outside of work and I caught a glimpse of myself in the window and thought, "Hey, I don't look that fat!" And I immediately realized how fucked up that was, but that didn't stop me from feeling more attractive because of it. All my life the media and everyone around me have told me that fat is ugly. Which of course is just a cultural standard that has many, many medical lies to fall back upon. Studies have shown that fat people are unhealthy and have short life expectancies. Studies have also shown that starving people have these same peculiarities. These health risks to fat people have been proven to be a result of continuous starvation- dieting- and not of fat itself. Being fat does not make me less healthy or less active. These same fucked-up attitudes are perpetuated within the punk scene as well; they just take on more subtle forms. It seems like people have this idea that punk is disconnected from the media. That because we are this cool underground subculture, we are immune to systems of oppression. But the punkest, coolest kids are still the skinny kids. And the same cool kids who are so into defying mainstream capitalist "Amerika" are the ones who say that fat

The Bridge Poem Donna Kate Rushin

I've had enough
I'm sick of seeing and touching
Both sides of things
Sick of being the damn bridge for everybody

Nobody
Can talk to anybody
Without me
Right?

I explain my mother to my father my father to my little sister
My little sister to my brother my brother to the white feminists
The white feminists to the Black church folks the Black church folks
To the ex-hippies the ex-hippies to the Black separatists the
Black separatists to the artists the artists to my friends' parents...

Then
I've got to explain myself
To everybody

I do more translating
Than the Gawdamn U.N.

Forget it
I'm sick of it

I'm sick of filling in your gaps

Sick of being your insurance against
The isolation of your self-imposed limitations
Sick of being the crazy at your holiday dinners
Sick of being the odd one at your Sunday Brunches
Sick of being the sole Black friend to 34 individual white people

Find another connection to the rest of the world
Find something else to make you legitimate
Find some other way to be political and hip

**I wouldn't have to
scream if You
would listen**

"African-American women's experiences as mothers have been shaped by the dominant group's efforts to harness Black women's sexuality and fertility to a system of capitalist exploitation."
-----Patricia Hill Collins

Words & Expressions

I will not be the bridge to your womanhood
Your manhood
Your human-ness

I'm sick of reminding you not to
Close off too tight for too long

I'm sick of mediating with your worst self
On behalf of your better selves

I am sick
Of having to remind you
To breathe
Before you suffocate
Your own fool self

Forget it
Stretch or drown
Evolve or die

The bridge I must be
Is the bridge to my own power
I must translate
My own fears
Mediate
My own weaknesses

I must be the bridge to nowhere
But my true self
And then
I will be useful

IRRITATION: Hating Hating Hating: I can't take rejection from this dirty doll and you don't like me either. You didn't even like me flower! Just a little more! I don't like so many things! dabbed in gray blue-grey. Superman is dead and I'm no fucking daisy. Sweet white; sweet white; angels piss on my face and you can have what you want. If you speak sweet I'll puke. I hate your face more than mine and your lips flap flap flap. Shut up. See me Bitch Bitch Bitch. Stains and hangnails! corped and white; shut up. I'm sick I hate I need a drink sick sick sick Leave me alone. With my wine so red. Leave me alone; my bitching angels pointing at me. Leave me alone.

D I L D O

Fuck me	Fuck me	Fuck me
Pinch me	i'm your slave	Rape me
i'll go down	LOVE it	
mylips	Grope me	
	wide and	
	RED	
help me up		
i'm a woman and		
my tits are s o heavy		
wait		
are You speaking at my ass again		
my voice is too cold		
silly boy		
You want me to		
alright	shut my sexy tongue	OH
but after i	lick Your dick	
it's not so bad		

Strong Women Are Hot Women

self-defense: strategies for survival & self-assurance

Verbal Strategies

Our voice is a weapon. We can use our voice to yell, say no, confront someone who's bothering us, make a scene or to talk our way out of a scary situation.

Yelling is great because it keeps us breathing, it attracts attention to our situation, and it may freak an attacker out enough that he'll leave us alone. On the count of three, breath in and yell "no!" as loud as you can. Remember to yell deeply from your diaphragm (belly) instead of your throat. One, two, three. . .

Yelling can be useful if we want to make a scene. Attackers don't want to be hurt or caught, and making a scene in a public place increases our safety because it exposes the attacker. Women who are willing to risk embarrassment and draw attention to themselves are safer. Making a scene can be fun! Imagine that you're in a movie theater and the man sitting next to you continues to touch your arm and stare at you. Perhaps you've moved your arm more than a few times and let him know with your body language that his staring is invasive. Why not stand up and make a scene?! "This man keeps touching me, stop it! Stop staring at me!"

Primary Targets

There are 4 primary targets on the body: eyes, throat, groin, and knees. Targets are considered primary because they have an involuntary or automatic response when hit. They are the most vulnerable. They are not pain dependent. All attackers, no matter how big and strong, have eyes, throat, groin and knees. Muscle and size can not protect the vulnerability of these targets. 25 pounds of pressure can bust out a knee and then an attacker can no longer chase us. Think about what happens when we get a piece of dust in our eye, imagine getting ten fingers in our eyes. And the throat, even gently pushing on our windpipe with our own hand makes us cough. When we hit hard and with multiple strikes we increase the likelihood of getting away safely. We use the strong parts of our bodies, such as our elbows, knees, hands/fists and feet against an attacker's weak parts, the primary targets. Remember it is the intention and internal will of the woman which are really important- if we choose to fight back physically commit 100% and hit with multiple strikes!



eye strikes: your hand is like a claw

One Definition of Self Defense

Self defense is anything we do to make our lives safer on a daily basis. Self defense is fighting with our fists, yelling, telling him to stop looking at us, running away, listening to our gut instinct, getting support, knowing we are worth defending, talking about what happened. The goal of self defense is to provide all women, children, queers, people of color, and targeted communities with options and skills that are effective and practical no matter what our experience, age, level of fitness, or shape of body may be. Self defense is about empowerment.

WE WERE CRASHING AT THE BOSTON MUSEUM SCHOOL WHEN I FIRST MOVED THERE, AND I LIVED IN TERROR AS THE WORD WAS OUT THAT SEVERAL GIRLS HAD BEEN RAPED IN THE PARKING LOT. ONE NIGHT AS I WAS RIDING THE T "HOME", I WAS FREAKED OUT ABOUT A MAN ON THE TRAIN, JUST STANDING WHERE THE DOORS OPEN. WHEN WE CAME TO MY STOP, I EXITED, AND RAN AS HARD, AS FAST, AS I COULD THROUGH THE PARKING LOT, UP THE STAIRS, AND GOT IN THE BUILDING WITH MY KEY. AS I CLOSED THE GLASS DOOR, HIS FACE WAS ON THE OTHER SIDE.

Intuition

Chills. Tight stomach, Heart beats faster. Goosebumps. These are all examples of physical responses to our intuition, or gut feeling. Our intuition is an internal alarm system, it often lets us know if a situation or person is dangerous or untrustworthy. Sometimes there is no "evidence" to prove our gut feeling, but it is really important to trust it. Our intuition is part of our internal self defense. Sometimes people ignore their intuition by making excuses for the other person's behavior, or because they don't want to risk embarrassment, or because they feel safer if they can pretend it is not happening. LISTEN TO YOUR GUT. ACT. GET OUT AND GET TO SAFETY.

Body Language

Having strong body language decreases our risk of being targeted for violence. When we talk about strong body language, we mean walking with our heads up and shoulders back, making eye contact with people in a way that lets them know we've seen them, swinging our arms and taking up space, and keeping our awareness up. Try walking across the room with your eyes focused on the ground about two feet in front of you. Now walk back with strong body language, keeping your head up, shoulders back and allowing for your arms to swing naturally. Notice the difference in how you would appear to others. Strong body language not only affects how others perceive us, it also increases our confidence inside.

70% OF WOMYN WHO FIGHT BACK, ESCAPE AN ATTACK